



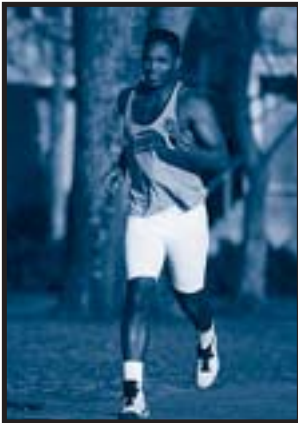
The Fitness Connection

The Newsletter of the Governor's Council on Physical Fitness

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Benefits of Exercise on Sleep



Recent studies have shown that regular exercise helps improve sleep. A study by Stanford University Medical School found that subjects who exercised were able to fall asleep around fifteen minutes earlier and were able to sleep about forty-five minutes longer at night. The research was performed on 33 women and men who were previously sedentary. The study found that the improvements in sleep came after participating for sixteen weeks in exercise that was vigorous enough to produce sweating. The researchers also suggest exercising five to six hours before bedtime. Another study, by the researchers at the Respiratory Sciences and Sleep Disorders center of the University of Arizona, found that exercise was strongly linked to restful, deep sleep and the subjects that exercised at least once a week reduced their likelihood of sleep disturbances and daytime tiredness by 37 percent.

There are many theories as to how exercise improves sleep. One theory is that exercise causes a rise in the core body temperature, much like a warm bath does, which lulls the body into sleepiness. Another theory is the exposure to bright light during exercise. Inadequate expo-

sure to bright light has been associated with disturbed sleep. Another theory is that through exercise anxiety is decreased allowing for improved sleep since anxiety is often a cause for sleep problems.



The reason that exercise improves sleep is still being investigated, but present research shows that exercise does improve sleep—giving you yet another reason to get active!

References:

How Exercise Effects Sleep. Retrieved February 19, 2003 from www.vegez.com

Sobel, David S. Exercise Improves Sleep. Retrieved February 19, 2003 from www.kaiserpermanente.org

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Ways to Increase Daily Physical Activity



Most, if not all, of us know it is extremely important to participate in regular physical activity. However, at times it seems like the cards are stacked against us. We are all too often able to come up with reasons not to exercise, but hopefully as the tempera-

ture rises during the spring season, we will not only exercise, but also participate in regular physical activity. It is important for our health to make physical activity a constant in our everyday activities, no matter the season. To help get you moving, here are a few suggestions for incorporating physical activity into your daily life!

Ways to Increase Daily Physical Activity Levels:

- Take the stairs instead of the elevator
- Park further away and walk the extra distance
- Play with your kids!
- Dance! You can dance anywhere... in the kitchen, bedroom, club.
- Work in the garden
- Mow and rake the lawn
- Walk when playing golf (instead of riding in the cart)
- Wash your car
- Clean the house
- Walk during your lunch break
- Stand while talking on the phone or walk around using a cordless phone
- Walk to deliver a message, instead of using the phone or email
- Visit the Zoo or a Museum

These are just a few easy and enjoyable ways to start making physical activity a regular part of your daily life. No excuses! Get out there, get moving, and have FUN!

References:

Exercise. Retrieved February 12 from www.diet-tips.com/exercise

Making Physical Activity a Part of Your Life. Retrieved February 12 from www.justmove.org



Moving Toward A Healthier United States

Unfortunately, it is estimated that 60% of Americans do not get enough physical activity and 25% are inactive. These numbers are extremely alarming, especially since physical inactivity has now been established as a risk factor for numerous chronic diseases. This lack of physical activity is also contributing to the rising obesity epidemic. If both the obesity and physical inactivity percentages continue to escalate, so will the health and medical problems in the United States. President Bush, however, is attempting to combat these troubling issues by instigating "a new HealthierUS initiative to help Americans live longer, better and healthier lives."

The HealthierUS initiative encourages all Americans to:

- Be physically active every day;
- Eat a nutritious diet;
- Get preventative screenings;
- Make healthy choices.

The President hopes that this initiative will help Americans take the necessary steps to improve their personal health and fitness. To assist in this improvement, "the President has announced two new Executive Orders that reinvigorate the President's Council on Physical Fitness and Sports and direct key federal departments and agencies to develop plans to better promote fitness and health for all Americans."

Nonetheless, it is important that we, as physical activity enthusiasts, continue to participate and encourage others to engage in regular physical activity because as they say, "Actions Speak Louder Than Words!"

For more information please visit www.healthierus.gov

Annual Physical Fitness Awards

The Governor's Council will present its annual awards to honor outstanding leaders in physical fitness during the annual Physical Activity Conference, which is being held April 10th and 11th. There are seven different award categories:

- The Community Award
- The School Award
- The Worksite Award
- The Individual Award
- The Faith-Based Award
- The Public Policy Award
- The Media Award

Look for the winners in the summer issue of The Fitness Connection!

South Carolina Governor's Council on Physical Fitness

"Promoting health and the well-being of South Carolinians of all ages by increasing the level of physical activity."

Chairman

Josey H. Templeton, Ed.D.

Acting Executive Director

Dr. James Coleman, Jr., MS, CHES

Editor

Katie Anderton

Welcome New Members!

We are pleased to announce that we have four new members: Ifeanyi Emenike, Ph.D., Yon Lambert, Lee Moultrie, and Pam Shealy, M.Ed., MS. Dr. Emenike is a professor at Benedict College with a strong passion for promoting physical activity. Mr. Lambert is the Assistant Director for the Palmetto Conservation Foundation. Mr. Moultrie is the Executive Director for the

South Carolina African American Tobacco Control Network. Ms. Shealy is the co-owner of Body Tech Health, Fitness, and Sports Medicine in Lexington, SC, where she also works as an Exercise Physiologist and Personal Trainer. We are excited to have them aboard and look forward to their many contributions and insights.

Governor's Council Members:

Robert B. Beavers, PhD
Selwyn Blake
Lauren Burns
Ophie Casey
Lori Creech
C. Stewart Darby, PhD
Ifeanyi Emenike, PhD
Lynn Hammond
Robert E. Hampton, MAT

Yon Lambert
Angus McBryde, MD
Lee Moultrie
Russell R. Pate, PhD
Pam Shealy, M.Ed., MS
Dennis Shepard, MAT, CHES
Josey Templeton, Ed.D.
Mable Wynn, MS



South Carolina Department of Health
and Environmental Control

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SCDHEC, Bureau of Chronic Disease
Prevention and Health Promotion
Mills/Jarrett Complex, Box 101106
Columbia, South Carolina 29211